

CLAIMS**WE CLAIM:**

1. A method, comprising:
 - 5 determining timing associated with a first channel;
receiving a grant signal permitting transmission of information over a second channel; and
transmitting information over the second channel at a time related to the timing of the first
channel and a time at which the grant signal is received.
- 10 2. A method, as set forth in claim 1, wherein transmitting information over the
second channel further comprises transmitting information over the second
channel at a time near a preselected target time while maintaining substantial
orthogonality with the timing of the first channel.
- 15 3. A method, as set forth in claim 2, wherein transmitting information over the
second channel at a time near a preselected target time further comprises
transmitting information over the second channel at a time near a preselected
period of time after receiving the grant signal.
- 20 4. A method, as set forth in claim 1, wherein transmitting information over the
second channel further comprises transmitting information over the second
channel a preselected duration of time after the timing associated with the first
channel.

5. A method, as set forth in claim 4, wherein transmitting information over the second channel a preselected duration of time after the timing associated with the first channel further comprises determining the preselected duration of time by multiplying a variable (m) times a constant, wherein the constant is related to the timing of the first channel.

6. A method, as set forth in claim 5, wherein determining the preselected duration of time further comprises multiplying a variable (m) times a constant, wherein the constant is a portion of time associated with the timing of the first channel.

7. A method, as set forth in claim 5, wherein determining the preselected duration of time further comprises multiplying a variable (m) times a constant, wherein the constant is about 10% of a period of time associated with the timing of the first channel.

8. A method, as set forth in claim 1, wherein receiving the grant signal further comprises receiving a grant signal from a base station permitting transmission of information by a mobile device over the second channel.

9. A method, as set forth in claim 1, wherein determining timing associated with the first channel further comprises determining timing associated with a first channel used to transmit information from a mobile device to a base station.

10. A method, comprising:

determining timing associated with a first channel;
receiving a grant signal permitting transmission of information over a second channel; and
transmitting information over the second channel at a time near a preselected target time
while maintaining substantial orthogonality with the timing of the first channel.

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11. A method, as set forth in claim 10, wherein transmitting information over the second channel at a time near a preselected target time further comprises transmitting information over the second channel at a time near a preselected period of time after receiving the grant signal.

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12. A method, as set forth in claim 10, wherein transmitting information over the second channel further comprises transmitting information over the second channel a preselected duration of time after the timing associated with the first channel.

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13. A method, as set forth in claim 12, wherein transmitting information over the second channel a preselected duration of time after the timing associated with the first channel further comprises determining the preselected duration of time by multiplying a variable (m) times a constant, wherein the constant is related to the timing of the first channel.

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14. A method, as set forth in claim 13, wherein determining the preselected duration of time further comprises multiplying a variable (m) times a constant, wherein the constant is a portion of time associated with the timing of the first channel.

15. A method, as set forth in claim 14, wherein determining the preselected duration of time further comprises multiplying a variable (m) times a constant, wherein the constant is about 10% of a period of time associated with the timing of the first channel.

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16. A method, as set forth in claim 10, wherein receiving the grant signal further comprises receiving a grant signal from a base station permitting transmission of information by a mobile device over the second channel.

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17. A method, as set forth in claim 10, wherein determining timing associated with the first channel further comprises determining timing associated with a first channel used to transmit information from a mobile device to a base station.